

General side effects

“I’ve heard the side effects from the new Covid vaccine can be brutal. Seems like I’ll probably feel worse and have more side effects from the vaccine than the virus itself and I really can’t afford to get sick right now. I don’t go out much anyway, so I feel like there’s a higher chance of getting sick if I get the vaccine.”

“Everyone’s immune system can respond differently to the vaccine and virus. So, although you’ve heard of other people feeling really lousy after the new Covid vaccine, it doesn’t necessarily mean you’ll feel that way too.⁴³ It’s difficult to know exactly how the Covid virus will affect you or what your chances of contracting it are, especially when new strains are circulating. Common minor side effects of the Covid vaccine are as they were with the initial vaccine, and include pain or swelling at the injection site, fatigue, headache, muscle aches, and fever, but these side effects usually only last a day or two.⁴⁴ Some people also don’t experience any side effects. Some people have an allergic reaction to the ingredients in vaccines, and you shouldn’t get the updated Covid shot if you had an allergic reaction to a previous Covid vaccine.⁴⁴ But if you did not have a bad reaction to a previous dose, I recommend you get the updated vaccine to protect you from potentially being out sick for a longer period with the Covid virus. We can schedule your vaccination for a day you do not have a lot of obligations and can take it easy.